

## HOW TO BE HEALTHY AND BEAUTIFUL

By MRS. HENRY SYMES

## WHEN YOU GET a CINDER in YOUR EYE



A Sharpened Matchstick with a Bit of Absorbent Cotton Wound About It.

A mention of a cinder in the eye, my mind reverts to a pathetic little story in which a cinder was responsible for the breaking of an engagement of marriage between two young people; but that is neither here nor there. The cinder under discussion is a prosaic cinder, with no intention of doing more mischief than causing excruciating physical pain, inflaming the eye, demoralizing the temper, and deranging the nerves.

The summer traveler can scarce expect to escape meeting with such a cinder somewhere in the length and breadth of her journeyings.

In hot weather one is likely to be not so closely veiled, and the windows and doors of cars and other conveyances must needs be opened wide to admit of the chance breath of air on a sultry day. These conditions invite the cinder.

And how to treat it when we get it? Aunt Mary will tell us to close the eye and blow the nose hard several times, rolling the eyeball meanwhile. Cousin Mame will advise rubbing the other eye. Aunt Mary's advice is based upon common sense, for the closing of the eye over the foreign matter will cause the tears to flow, and with them the intruder is likely to be carried to the inner corner of the eye, where it can be easily removed with the corner of a soft handkerchief.

Often the mere lifting of the upper eyelid (by the eyelashes) will allow the accumulated tears to wash away the cinder. Then, too, a cinder, if not tightly lodged, may be displaced by simply drawing the upper lid as far as possible over the lower one, then letting it fly back to its place; the friction is very likely to detach any light substance.

Cousin Mame's advice is probably based upon the principle of sympathy.

A soft camel's-hair paint brush is often used in removing a cinder or other speck which has lodged on the surface of the eye. Moisten the brush in the mouth, then draw it backward against the speck. Sometimes the particle may be picked up upon the moistened point of the brush, but this must be done with delicate care. The backward stroke is the safest method.

A sharpened matchstick, with a bit of absorbent cotton wound about it, is employed to remove a cinder or other intruding substance from either the surface of the eye or the eyelid.

When the cinder lodges in the under surface of the upper lid, its removal is a more difficult proposition. Stand behind the patient, seated in a low chair with the head leaning back. Lift the upper lid by its lashes and roll it back over a pencil—the patient looking downward while. This gives opportunity to examine the under surface of the eyelid and locate the cinder, which then may easily be removed by means of the paint brush or the stick wound with cotton.

Bits of iron or stone sometimes fly into the eye and become lodged in the front of the eyeball. Surgical skill should be resorted to in such a case. A powerful magnet often assists in removing from the eye a fragment of steel or iron.

The eye that has entertained a cinder has every reason to feel weak and weary upon its departure. It should have rest and treatment; otherwise, annoying inflammation may follow. Bathing the eye with a solution of boric acid is beneficial. It will be found convenient to have the solution on hand. Prepare it in the following way: Put one ounce of boric acid into a basin, pour one pint of boiling water over it, and allow it to dissolve. Then strain and bottle the clear solution. The use of a little glass eye-cup is a convenience. These little cups are of green or blue glass, and are so shaped that they fit closely around the eye. Held in the position shown in the picture, not a drop of the eye wash need be spilled. The eye is opened wide and is flooded with boric acid.

## Sin and Death.

From Judge.

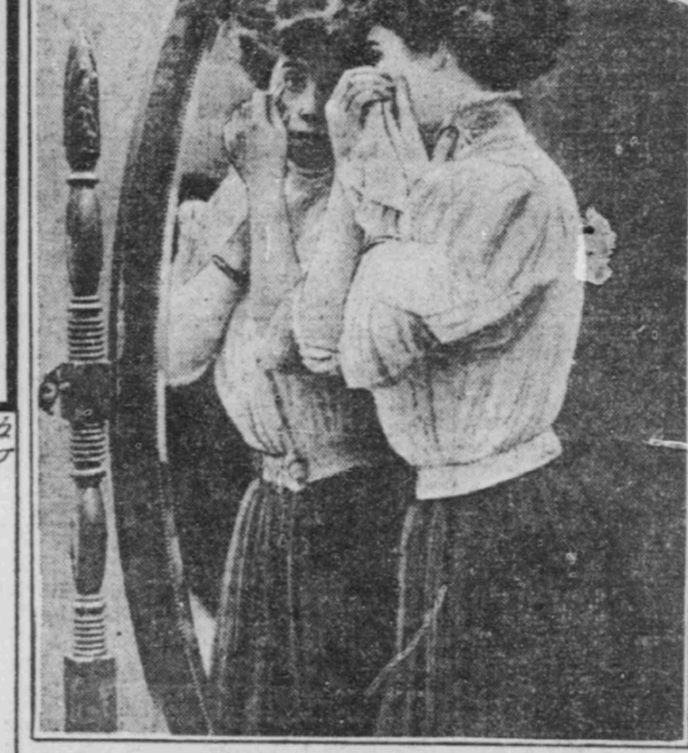
The leading citizen of a small country town escorted a friend on a tour of inspection through the village. The friend, who was a resident of a metropolitan city, was duly impressed by the many advantages of the little town. Finally the two men reached the cemetery. The visitor carefully looked at the various graves, and then turned to his guide. "Say, Dave," he began, "wh-wh-where do you b-b-bury your s-s-sinners?"



Lift the Upper Lid by Its Lashes and Roll It Back over a Pencil.



A Camel's Hair Paint Brush Is Often Useful in Removing a Cinder.



It Can Be Easily Removed with the Corner of a Soft Handkerchief.

The Eye Is Opened Wide and Is Flooded with the Boric Acid.

## To Reduce the Weight.

H. S.—I think your method of reducing flesh is very harmful. Here are some rules which will help you if they are strictly adhered to:

Avoid all starchy and sweetened food, all cereals, vegetables containing sugar or starch, such as peas, beans, corn, potatoes, etc. Have your bread toasted; sprinkle it with salt instead of using butter. Milk, I regret to say, if it be pure and good, is fattening. Skimmed milk may be drunk. Hot water is an excellent substitute for other liquids. Add a little of the juice of lemons or lemons to it, if you choose. Limit your sleeping hours to seven at the outside. No naps. You must take exercise.

To whiten the hands apply this lotion: Lanolin, 100 grains; paraffin (liquid), twenty-five grains; extract of vanilla, ten drops; oil of rose, one drop.

## Cream for Rough Hands.

Industrious—An excellent cream for rough hands is composed of the following ingredients: White petrolatum, three and one-half ounces; paraffin wax, one-fourth ounce; lanolin, one ounce; water, one and one-half ounces; oil of rose, three drops; alcohol, one-half dram.

Melt the paraffin wax, add the petrolatum and lanolin. Stir constantly, beating the water in during the process. Add the oil and alcohol when nearly cold.

Rough hands should be treated by keeping the hands as dry as possible and applying some emollient at night before retiring. Cold cream, zinc ointment (benzoinated), or boracic ointment will answer the purpose.

Apply this mixture to the corn: Sall-cylic acid, thirty grains; extract cantharidis indica, five grains; collodion, one-half ounce.

## Three Good Depilatories.

Despair—Any one of these depilatories will be sure to help you in removing the superfluous hair: Sulphide of soda, 100 grains; slaked lime, eighty grains; starch, twenty grains; linewater, four fluid drams.

Barium sulphide is also used as a paste for depilatories. The standard formula is: Barium sulphide, eighty grains; powdered chalk, 400 grains. Mix with water. The barium sulphide must be absolutely dry to be effective when it is mixed with the chalk. Enough water should be afterward added to make a thin paste. Sulphide of strontium makes also an efficient depilatory. It is made as follows: Sulphide of strontium, two drams; oxide of zinc, three drams; powdered starch, three drams.

Here is a recipe for a perfectly harmless talcum powder: Rice flour, one ounce; talcum, one ounce; oxide of zinc, one ounce; carmine, enough to produce flesh tint. Mix thoroughly and sift twice through fine bolting silk.

## To Whiten the Teeth.

Inquisitive—You will find this recipe for tooth powder very good for whitening the teeth: Precipitated chalk, four ounces; powdered orris root, eight ounces; powdered camphor, one ounce.

Triturate the camphor in a mortar, moistening it with a very little alcohol. Add other ingredients. Mix thoroughly and sift through a fine bolting cloth.

To bleach the neck take fresh strained cucumber juice, boil it for five minutes, and for every five ounces of juice add: Pulverized borax, five and one-half ounces; acetate of soda, three ounces; tincture of quillaia, two and one-half ounces; tincture of benzoin, four drams; rosewater, one pint.

Mix thoroughly and apply two or three times a day until the skin is removed. One dram of boracic acid and four ounces of rosewater mixed is a lotion that has often proved successful in taking the shine off a nose.

## Bust Too Small.

Anxious—I presume this is the recipe to which you refer:

Lanolin, one ounce; cocoa butter, one ounce; sweet almond oil, one ounce. Put into small bowl, set in hot water until melted. Beat together and cool. Each night, after laying hot cloths on bust, rub it in by massaging gently and thoroughly in a circular direction for fifteen minutes.

The best way to develop the arms is by taking some good course of physical exercise.

The Vaseline tablets will give just the same results as the liquid form of the tonic.

## Consult a Specialist.

M. R. L.—Pediculosis is a serious disease, and you should at once employ the services of a skin specialist. There is no treatment that may be given it at home.

## To Reduce the Bust and Hips.

E. F. A.—To reduce the bust use this pomade: Tincture of benzoin, twenty drops; iodide of potassium, forty-five grains; vaseline, one and one-half ounces. The following may also be recommended: Pure deodorized iodine, one ounce; vaseline, two ounces; essence of peppermint, twenty drops.

Then cover the breasts with two cloths dipped into the following: Pulverized alum, thirty grains; acetate of lead, one ounce; distilled water, eight ounces. Cover the cloths with oiled paper and keep them on all night.

Here are several exercises that are excellent hip-reducers:

1. Bring the knee up to the chest, remaining perfectly erect. Practice in alternate movements.
2. Place hands on hips, shoulders well back. Raise the leg, with knee flexed, and give a high, quick side kick, bringing the foot back again to the floor. Repeat ten times, first with the right foot, then with the left.
3. Take standing position, hands on hips, and rotate the hips, bending the knees and keeping the chest and shoulders immovable. Contract all the muscles used in this exercise and resist.

Bending exercises also are good.

## To Fatten the Neck.

Ethel—To make the throat full and round the best exercise is to bend the head slowly forward until the chin touches the neck, and then slowly raise the head to its normal position. Repeat these movements until you are tired. Then bend the head as far backward as possible. Sitting erect in a chair, bend the head from one side to the other, and then roll the head to the right, left, and forward. Another good position is to let the arms hang loosely at the side. Raise the shoulders as high as possible, then forward, down, and backward, until a circle is formed. Continue this for a time and then reverse the motion. Do this every day for five or ten minutes.

Again, stand perfectly erect with the arms at the sides, lift them up vertically, inflating the lungs as the arms ascend. At the same time rise on the tips of your toes and throw your head back, touching the backs of the hands overhead. As the arms slowly descend exhale from the lungs.

It is also well to massage the neck and shoulders with cocoa butter.

## To Soften the Finger Nails.

Katie T.—Here is a recipe for a paste which is excellent for brittle nails: Take equal parts of refined pitch and myrrh, or of turpentine and myrrh, melted. Mix together and spread upon the nails at night. Remove in the morning with a little olive oil.

I do not think you can take any treatment which will broaden the shoulders. The best way to acquire them, however, would be to have your waists made so that they give you that broad effect.

## Ring Around the Neck.

Mrs. A. F.—You can remove this ring by rubbing it with lemon juice or alcohol; apply with a soft cloth, then massage with a good cold cream. An astringent lotion for the skin is made of the following:

Alum, seventy grains; almond milk (thick), one and one-half ounces; rosewater, six ounces. Dissolve the alum in the rosewater, then pour gently into the almond milk with constant agitation. Apply with a soft linen cloth every night before retiring.

## Troubled with Dandruff.

Nellie—An excellent dandruff remedy is made by combining tincture of cantharides, one ounce; liquid ammonia, one dram; glycerin, one-half ounce; oil of turpentine, one-half ounce; rosemary oil, one-half dram. Mix all together with six ounces of rosewater. Rub the scalp thoroughly with the preparation until the dandruff entirely disappears.

When the eyelids are inflamed and red they should be bathed several times a day with a solution of weak boracic acid and water.

## Sage Tea as a Stain.

Mary—The sage tea mixture is one of the simplest forms of dyes or stains. It will not harm your hair in any way. This is the formula: Alcohol, two ounces; green tea, two ounces; garden sage (dried), two ounces.

After straining, keep tightly corked to prevent evaporation.

This formula for a salve has been most successful in fading slight scars: Lanolin, two drams; ointment of binodine of mercury, one dram.

Rub in well once a day.

## IMPRESSIONS OF LIBERIA.

Liberia, the land of liberty, the country given over to black men in order that they might attempt to found a nation, is the least known of all republics. The negro state is more than sixty years old, but for all practical purposes it remains in its extreme infancy. As a republic, the country is in its squalling, teething stage. The Liberians still play with liberty as with a new toy. The black republic appears to be an incomprehensible blend of tragic comedy and dramatic excess, says the London Express.

Liberty and equality and justice were flung to the newly emancipated African-American, who had starved for these things for centuries, and he clutched them just as a starving dog snatches at a bone. The freed slaves absorbed liberty until it sweated out of them. They played with their new-found justice until now they are almost as slaves of their own laws. Just as a girl fingers and plays with a newly purchased cloak, so the Liberians play with their newly constituted laws. They are never entirely happy unless they are in some way concerned in legal actions. And so it is that Liberian law, as it is administered, is in the nature of a comical caricature of justice.

A native will in his anger give a brother a harsh name. Immediately there is an action for libel, and some one is fined a few dollars. Another man will put his hand on the shoulder of a citizen—there is a charge of assault and battery, which ends in another fine, or even in imprisonment.

So it is with everything. As soon as a Liberian is appointed to any official position he feels that he has inherited a kingdom. His first thought is uniform, and, seemingly according to his own peculiar fancy, he adopts a more or less grotesque costume. The more gaudy it is the better it pleases the negro republican.

The Liberian people have been nursed by their mothers and taught by their fathers in accordance with the traditions of Western civilization. They lack the stamina, the native strength, and real independence possessed by those African natives whose forefathers were untrammelled by the influences born of centuries of slavery.

The Liberian is a negro, but as a rule he wishes he were not. In everything he believes or thinks or does he consciously or unconsciously imitates the white man. He wishes he had been born white. On the other hand, the real African native thanks Providence every day that he is black. The native tribes of the Liberian hinterland are a finer race of men, people of a greater nobility of character, than are the citizens of the towns of the republic.

No one recognizes this fact more than

do these few cultivated sons of Liberia who are now working throughout the world for the regeneration of the African native and for the establishment within the borders of the republic of a great negro race.

It is a lamentable fact that almost without exception as soon as a negro comes in contact with the white man he begins to lose all that is best in his nature and finest in his character. For instance, the native woman of the forest lands of the hinterland nurses her babe for two years. The Liberian woman in civilized fashion nurses her child for a few months only. In consequence the Liberian infant is a puny weakling, too fragile properly to endure the hardships of African life, organically too weak to stand the strain of the burning sun and the evil effects of the fearful climate.

The race of Liberians threatens to die out. Were it not for constant immigration from America, the West Indies, and other parts of the globe, in a generation or so Liberia would, for all practical purposes, cease to exist.

It is a mistake to imagine that these so-called "civilized" black men control Liberia. With the exception of half a dozen little towns—Monrovia, Grand Bassa, Cape Palmas, and one or two others—the territory marked on the map as a republic is a series of native kingdoms.

Practically speaking, the influence of the Liberian government does not extend for more than five miles from the coast line.

In spite of an army and a great ambition, the republic has never conquered or subdued the tribes of the interior. These

tribes are entirely antagonistic to their quasi-civilized brethren, and hold in contempt their efforts toward a system of European government. The average citizen of the republic dare not journey more than half a dozen miles from one of the towns. And though military expeditions have been organized from Monrovia, and engagements have taken place between Liberian soldiers and one or two of the aboriginal tribes, the results of those engagements have been so dubious that on almost every occasion victory has been claimed by both sides.

Now that the Morovian officials are employing European officers to train and lead their troops, the results may be different. But the best-informed residents on the coast remain skeptical on this point.

Some of the tribes of the hinterland are conspicuous for their strength and bravery. This is notable in the case of the Kroo people. The Kroo boy is reckoned among the strongest of all the West African natives. And it is practically certain that if the Kroo tribes rose the republic of Liberia would be washed off the map.

It must be remembered that the "civilized" Liberian has no prestige among the black natives; he is, on the contrary, held in deepest contempt. The Liberian is not skilled in war or the chase; he is not inclined to hardship; and, worst of all, instead of possessing a pride of race, he is usually ashamed of the color of his skin.

The warlike tribes of the hinterland—the pagans and the Mohammedans—have a healthy hatred for all who are not of their race or color. These people respect the white man only because, for the moment, they are forced to do so. But in the heart of every spirited member of the great tribes of the interior there is a burning hope of revenge. Africa is not yet conquered; Africa will never be conquered.

## REFLECTIONS OF A BACHELOR GIRL

By HELEN ROWLAND.

Young girls are a man's bread and butter; widows, his caviare and wine.

It's the sunny side of the street, of life, and of a woman that always attracts a man; a teary wife, a chilly wife, and a stormy wife, like bad weather, drive him off in search of a change of feminine atmosphere. June is the month of folly, in which people fall in love for no particular reason and get married "just because."

Matrimony should not be a prison, but a privilege; and husbands and wives should not be jailers, but jailers.

Perhaps it's because they owe one another so much that some husbands and wives appear to regard each other with that smothered resentment one feels toward a relentless creditor.

Even Satan's reputation would not keep him out of the best society if he wore a dress suit and had his hoofs properly manicured.

When other women say that a girl is "no better than she should be," it is a sure sign that she is a little better looking than she needs be.

That swelling which a man feels in his throat when he is about to propose is the "don't" lump.

## BETTY'S TWILIGHT CHAT.

In these days of crowded neighborhoods, when the front windows of one dwelling house face the back door of another, it is necessary to have an eye to all-round neatness at least. Leaving all rights out of the question, it is hardly gracious to one's neighbors to leave them an unsavory outlook on rubbish, cans, and ash barrels. It does not add to one's reputation as a housewife and certainly places one in a position to be criticized for other things besides neatness. The modern housewife is not supposed to have clutter placed anywhere about the premises.

It is not easy to keep the rear of a house attractive. I know that by experience. The humblest parts, the ugliest parts, of housework are done in the kitchen and laundry, and the waste from food and food is always with us. But we might keep it from our neighbors' view if we were disposed to do the courteous thing. Trellis and lattice work does wonders in the concealment of line, and trees, shrubs, and vines are real blessings. The health board is permitted to pry into our sanitary arrangements, but it would have to possess a thousand eyes to do its work perfectly.

A neat kitchen is common enough, but cellars and sheds are rather overlooked. Splendid work has been done in tenement districts by rewards offered for attractive back yards. At beach places, where the cottagers are of one mind, papers and rubbish are burned on days when there is no wind, and broken glass, crockery, and worn-out kettles and pans are carried out and dumped into the channel, where they offend nobody. In other places you will find a few careless, untidy families, that are veritable thorns in the flesh to neat men and women.

The small annoyances of life are the ones which wear our nerves to tatters, and they are caused by the selfishness and thoughtlessness of others. One man sleeps late in the morning because he works late at night, and his neighbor gets up at daybreak, and has a lovely time with a hammer and nails. In the name of fairness, building houses at unearthly hours in the morning ought to be prohibited with music late at night. Both interfere with the slumber of persons who need all they can get. Thoughtful men and women never do such annoying things, and I am quite sure that they get their full share of enjoyment in life.

Our rights are many, but courtesy sets a limit which is reasonable. I am not likely to forget the attitude of a youth who kept a party of which I was a member waiting on a narrow mountain road while he unharnessed and changed the

## Why the Women War.

From the Indianapolis (Ind.) News.

The women of Mooresville are making war against a full-fledged trust. This is the statement of one young married woman, who lives in Mooresville, but who is employed in an office in Indianapolis.

"Now, we have a telephone in our house," explained this young woman, in telling her tale of woe, "and we had that telephone put in for a special purpose. We wished to order our groceries by telephone. You know how it is in a little town when it is raining; the streets are muddy and skipping along through the slush after a pound of tea or a quarter's worth of sugar isn't the most pleasant thing in the world.

"Well, as I was going to say, we had a telephone put in the house just for that very reason—I mean because we didn't want to go to the grocery store every time we wanted something to eat. All we had to do was to telephone to the grocery and in a few minutes our order was delivered. It certainly was fine business—I mean the plan was highly satisfactory.

"Well, as I was going to say, this was very satisfactory until those grocery men down there got some highfalutin ideas into their heads about combinations. They entered into a solemn compact and I suppose swore by the great horn spoon that's how we're up against a full-fledged octopus with more grasping, greedy tentacles.

## Hard Hit.

From the Bismarck.

"There is one thing I dread," remarked Johnson, "and that is a premature burial."

"Don't worry about that," replied Brown; "the thing is impossible. There's no danger of your being buried too soon."